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East Hampton Senior Center

105 Main Street-East Hampton, CT 06424

Phone: 860-267-4426 Fax: 860-267-7682

Hours of Operation: Monday-Thursday: 8:30am-4:00pm

Friday: 9:00am-4:00pm

Website: www.easthamptonct.gov Email:seniorcenter@easthamptonct.gov



Volume 5 Issue 2 Newsletter Date: March/April 2016

Senior Club Meeting First Monday of the month @ 12:45pm:

> March 7 G.I.F.T. Presentation.

Learn about our longstanding Intergenerational programs now with a new twist!

Come join the Club, learn about up-coming events and help determine new ones, too. Come, have fun, meet up with new and old friends! Stay the entire meeting and perhaps win a trip or admission to an upcoming event!

FOR REAL, THIS TIME....

12:45pm!

at



DAYLIGHT SAVINGS **SUNDAY MARCH** 13TH, SPRING AHEAD AN HOUR.

Tax Assistance

March 3 & 17th & 31st. Sign up early, these are the only dates left this tax season!



Get Fit in 2016!

The YMCA is offering two programs this month at the Senior Center:

Mondays @ 1:45pm Gentle Yoga*

Wednesdays @9:00am Strengthening & Toning* with arm weights and bands

Each program meets for 5 weeks, costs \$25.00 per program per session.*

*Free for YMCA members and/or if you are a Silver Sneakers member.

Closed for observance of Good Friday, March 25th







March 17th St. Patricks Day! Join us with Cobalt Lodge to celebrate the Day! Round Robin Setback Tournament Cash Prizes Sign up at the front desk.to reserve your seat for setback Meet us in the Blue Room@ 12:30pm





This coupon entitles you to a FREE 2 week trial membership

at the Middlesex YMCA.

Take a class, use the fitness center, or go for a swim!

Middlesex YMCA

99 Union Street Middletown, C7 06457

East Hampton Senior Center Members

Photo ID required



ROOM USAGE: PLEASE HELP US help you! If you move a chair return it to where you found it...If you grab a pillow, return it when you leave...If you spill, or make a mess, please clean it up. If it is more than you can handle, please let staff know, and we will assist in the clean-up. Please understand that others may use the room after you leave and you should leave the room in the same condition or better than when you came into the room. Thank you for your attention to this matter. Lo Ann

WHY SHOULD I PRE-REGISTER?

Often, in the newsletter, you will be asked to register/sign-up at the Reception Desk. It is important that you do so for several reasons:

- We sometimes cancel a program/trip due to low registration. If you are interested and do not sign up, you might miss out on the program/trip that you are interested in.
- If a program/trip is cancelled and you are not registered we will not notify you and you may come to attend a program that was cancelled.
- Instructors often ask for a number of registrations in order to prepare handouts.
- 4. Room assignments are made according to the size of the group. If we do not know you are coming we might not select the room to accommodate everyone. Please help us to help you and register/sign-up at the Reception Desk for programs/ trips you are interested in. Thank-you!

Blood Pressure Screenings

Monday March 7th& 21st .
April 4 th& 18th 10:45-12:00.
No appointment necessary.
Sponsored by the Middlesex
Hospital and Homecare
Agency.

Open Art Studio: Wednesday 10:00am to 12:30pm

If you are
interested in joining this group
contact Dawn
Tyler at the Center
on Wednesday

Build a Bear for people in Need!

Sojourn Bears on Wednesday mornings 10am

Sojourn Bears are for adult patients getting their first chemo treatment. We make smaller bears for children and others, too! Join the fun!

Exercise with Cindy

Sit & Stretch Class is offered Tuesday & Thursday 10am to 11am \$3.00 per class or \$20.00 per

month.

BINGO!!!

Bingo

Tuesdays at 12:45pm.



wide variety of games.

Cash prizes and food prizes available!
Play up to 5 cards!

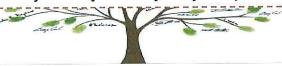
Setback

12:30-3:00pm.

Thursdays



Genealogy: (We're closed March 25th so the next class will be Friday, April 29, 2016@ 10:00am Meet with Brian, see if he may help you with your family tree journey.



The Belltones handchimes and choral group rehearse and perform on Wednesday afternoons, 12:30 –2:30.

They are seeking new members with the love of music in their hearts. They also are looking for a piano accompanist for the choral group. Please see a staff member if you

Bridge is offered Friday afternoons, at

12:30pm. New members are welcome. Come in, meet the group and learn the scheduling process, watch a game or two. See the staff for more



information .



Wednesday, March 23, 2016 1:15pm & Monday, April 18 @ 1pm.

BIBLE STUDY



1PM TUESDAYS New members Welcome!

Dial-A-Ride: transportation is provided to the Town by Middletown Area Transit. If you no longer drive but want to "get places" pick up an application at the Senior Center.

There is a \$2.00 charge for a one way trip (\$4.00 per round trip).

For more information call the Senior Center or Dial-A-Ride @ MAT 860-347-3313.

Adopt-A-Senior Rider program is available to income eligible residents. This program is sponsored by the East Hampton Village Lions Club. They provide bus tickets at no cost to those eligible. See Jo Ann at the Center for more info.



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Generations Investing Friendships Together

March 7th 12:45 join the Senior club meeting and learn about G.I.F.T.

Tentative G.I.F.T. Schedule:

Monday, March 28th & April 11th 2:15 to 3:15 Board Games @ the Middle School Wednesday, April 27th 3rd, 4th &5th Graders to play Board Games and Wii Bowling Competition 3:45 to 4:45

Friday, June 3rd, the Clifford Reading Program Memorial School 9:00am.Please register at the senior center so we know you are coming.

Men Can and Do...Talk

Group meeting On Wednesdays at 10am

Women In Conversation

Group meeting on Wednesdays at 11am. Laugh, Learn and Grow...

This program is offered in collaboration with East Hampton's Youth and Family Service Department.



BOOK CLUB

Tuesday, March 8, 2016 @11AM.



& Tuesday, April 12 @ 11:AM

REFLEXOLOGY: March 4th & 18th, April 1st and April 15.\$10.00 per 15 minute session Pay day of session. Please call certified reflexologist Susette Christainsen to make your appt. @ 860-334-9255.

CT Energy Assistance

Appointments are being taken now for the 2015-2016 Heating Assistance Program at the Senior Center 2015/16 GUIDELINES FOR HOUSEHOLDS MUST HAVE A MEMBER WHO IS EITHER 60+ OR DISABLED.

Proof of Income:

Social Security: Monthly Statement for 2015 , Pension Statements, Wages for last 4 weeks

Rent Receipt/Proof of Mortgage if still paying on house

Most Recent Checking/Savings Account Statements (ALL PAGES)

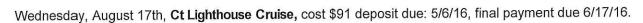
CD's; IRA's, statements

Oil/Electric Bill. Call the Senior Center for an appointment.

COACH TRIPS

Tuesday, May 24th , Will & Anthony Aqua Turf , cost \$91 deposit due: 3/25/16, final payment due 4/29/16.

Wednesday, July 13th, **All you Can Eat Lobster**, Delaney House, cost \$94 deposit due 4/15/16, final payment due: 5/20/16.



Sept 6-8th, Martha's Vineyard \$511.00, deposit \$200 due 5/24/16, final payment due 7/12/16.

Ireland 10/19- 11/5, Sign up no later than May 4th with Friendship Tours.\$1979.

Thursday, November 10th , Plimouth Plantation, cost \$91.00, deposit due 7/20/16, final payment due 9/21/16.

MARCH 2016

SPECIAL EVENTS

Muffins For the Mind

March 21, 2016 10:30am

Get ready to exercise your brain matter and challenge those around stores on Rte 372.

you.



Commission On Aging Meeting

March 10, 2016 3:00pm East Hampton Senior Center. Open to the public. Transportation is available upon request.





Happy Souper Birthday!

March babies, let us know it's your birthday! Come celebrate!

Monday, March 28th at 12:00pm.

We are shaking things up again! The luncheon will be a Souper Party! Birthday Recipients do not need to pay. Other party goers, and guests are asked to bring soup, bread or crackers!

If you celebrated your birthday in March we'll send you an invite to our Birthday Party. You will be our guest to a souper lunch and enjoy cake and ice cream. Have a friend you want to celebrate your birthday with? Sign-up at the desk at least 24 hours in advance.

TRIPS



Cromwell Shopping, Friday, March 4th, 12:30pm Your choice of

'Let's Do Lunch',

The New England **Emporium** Middletown Tuesday, March 15. Leave @ 11:15am



Culinary School Luncheon, March 10th 10:15 Windham Tech \$12.00 + transportation donation



Friday, March 11,2016 10am

Visit St John's Episcopal Church in West Hartford and tour their Pipe Organ with the Friday Homeschool group. Lunch to follow at Cheesecake Factory.



INTERGENERATIONAL

The Gift of Living History: every

Friday at 10:30am. Children who are homeschooled will explore with senior Citizens what Living History is. This is a way to interact with school age children to learn about Living Histories, together. If you are interested, sign-up at the Senior Center desk.





MARCH MADNESS: Wednesday Selection Brackets will be available on Wednesday March 16th all day.



ELDERLY AND TOTALLY DISA-**BLED TAX RELIEF**

February 1, 2016

It is time to apply for the Elderly and Totally Disabled tax relief under the "HOMEOWNERS" program. The Elderly portion of this program is only for taxpayers 65 and older or totally disabled.

The filing period is February 1, 2016 to May 15, 2016 and the forms are available in the Assessor's office.

You must bring with you statements of ALL INCOME, including Social Security received in 2015. If you file Federal Income Tax, you must bring a copy of your completed 2015 tax return with you. The income limits to remain on the program are \$35,200 for single and \$42,900 for married.

If you are physically unable to appear in person, please call the Assessor's office at (860) 267 -2510 and we will make arrangements to come to

If you have any questions, please do not hesitate to call.

Sincerely,

Terence Dinnean CCMAI, Assessor

Assistant to the Assessor Linda B Connors

April 2016

SPECIAL EVENTS

April Birthdays will be celebrated with a meal offered by CW Resources. Let us know it is your birthday month. We will invite you to lunch to celebrate your special day. Guests are always welcome, just sign up at least 24-hours in advance. A \$2.00 donation is requested.

Plan to stay the afternoon.
Brian Lupi and friend will take us Through the Ages with their musical entertainment. Don't miss this magical afternoon celebration. We end the afternoon with cake and ice cream!



EAST HAMPTON SENIOR CENTER VOLUNTEERS!

You are invited to an afternoon of fun and camaraderie. It is the time to thank you for all you do on Wednesday, April 13th at 1:00pm. We will have light refreshments, and the Troubadores will entertain you, on this fine afternoon. We hope you can join us, just call or sign-up at the desk.



TRIPS

INTERGENERATIONAL

Cromwell Shopping:

Friday, April 1st, 12:30 to 4:00pm

Walmart, K-Mart, Let the driver know where you would like to shop on Rte. 372.



Norwich

<u>Technical School</u> <u>Culinary Luncheon</u>

<u>Thursday, April 7th.</u>

Leaving the Sr. Ctr at 9:45am. The Chef wants us to be seated by 10:45!

Mystery Trip and Lunch

Wednesday, April 20th





MINDS PROVIDED BY ...YOU!

Monday, April 11th @ 10:30am.



G.I.F.T. games at the Senior Center Wednesday, April 27th ,3:45–4:45pm.

Join us with students from third, fourth and fifth grades (Memorial School and Center School) to play Wii Bowling and good old fashioned Board Games!

April 1st 10:30 am

Marlborough Healthcare presents:

Medicare: What Medicare coverage is all about....Learn what it does and doesn't cover.

Taryn Richardello, the Medicare Nurse from Marlborough Healthcare will present on this sometimes confusing topic.

Light refreshments will be available.

Commission On Aging Meeting

April 14, 2016, 3:00pm East Hampton Senior Center. Open to the public. Transportation is available upon request.

The Interact Club is here!



Spring Fling! Watch for the Date!